



ċasqanelà Elementary's 2020

Kindness Challenge

SUN.	MON.	TUES.	WED.	THU.	FRI.	SAT.
		1 Write holiday cards to seniors in our community	2 Leave a kind message for your community	3 Be kind to yourself (do something that makes you smile)	4 Do something special for your family	5
6	7 Bring in nickels and dimes for the Christmas Bureau Hold the door open for someone	8 Bring in quarters for the Christmas Bureau Let someone go ahead of you in line	9 Bring in loonies for the Christmas Bureau Meet someone new.	10 Bring in toonies or the Christmas Bureau Pick up garbage	11 Bring in any amount for the Christmas Bureau Let someone go ahead of you in line	12
13	14 Thank someone in our school (custodians, noon hours, office staff etc.)	15 Thank a health care worker	16 Send mail to a friend.	17 Give an unexpected gift.	18 Do a Random Act of Kindness (for the school, community or world)	19
20	21	22	23 Winter Break	24	25	26
←		First Day of Winter		Christmas Eve	Christmas Day	Boxing Day
27	28	29 Winter Break	30	31		
←				New Year's Eve		

Use #cqeares when sharing on social media to spread kindness!